



LUNCH PRICES

Type A Lunch Price	\$3.00
Reduced Lunch Price	\$.40
Milk/Choice	\$.60
Lactaid Milk	\$.60
Soy Milk	\$1.00
Ala-Carte	\$1.25

Prepaid Lunch Tickets Available

5 Lunches=	15.00	20 Lunches=	60.00
10 Lunches=	30.00	30 Lunches=	90.00

Lunch Alternatives

3. Peanut Butter & Jelly Sandwich

4. Peanut Butter & Fluff Sandwich

5. Healthy Choice Salad

Served over a bed of mixed greens with tomato wedges, cucumbers, dressing, whole wheat or plain dinner roll, mozzarella cheese stick and the remainder of the meal.



ALL STUDENT LUNCH INCLUDES

Skim Milk, 1% Milk or Low Fat Chocolate Milk / Strawberry Milk/ Lactaid Milk / 100% Juice/ Fresh Vegetable / Fresh Fruit

**If you have a food allergy, please speak to the Director or Lead Server. *Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. *Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director*
Kevin Silvia @ 781-721-7033

WE PURCHASE LOCAL!

Produce is purchased through regional suppliers when seasonably available. Visit www.Whitsons.com to see all that we are doing to help save the environment!

V =VEGETARIAN SELECTION

H =HEALTHIER CHOICE

P =PORK PRODUCT

Safari Stress Free School Year



School can get very busy at certain points during the year, but don't get overwhelmed. Did you know that eating certain foods can actually help reduce your stress level? It's true, try: fresh veggie sticks with low fat dip, yogurt with fresh fruit, chicken noodle soup or even baked fish sticks.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Fruit of the Month



1. Ravioli & Chicken ⁴
Cheese Raviolis served in a marinara sauce w/ breaded chicken cutlet topped w/cheese
2. Chicken Salad Sand Romaine Salad

1. Gloria's Pizza ⁵
Whole Wheat Cheese Pizza Slice
2. Roast Beef & Cheese Wrap
Carrot Stick W/LF Dip

1. Brunch for Lunch ⁶
French Toast w/syrup scrambled eggs & tator tots.
2. Turkey & Cheese Wrap
Cupped Apple Slices

1. Sheppards Pie ⁷
Seasoned beef, corn & whipped potatoes served w/gravy.
2. Ham & Cheese Wrap
Cupped Cranberry Dinner Roll

1. Gloria's Pizza ⁸
Cheese Pizza slice
2. Egg Salad Snadwich
Caesar Salad

No School ¹¹

All Levels

1. Gloria's Pizza ¹²
Whole Wheat Cheese Pizza Slice
2. BLT & Cheese on a Pretzel Bagel
Mexi Corn

1. American Chop Suey ¹³
Whole grain elbow pasta tossed in seasoned beef & marinara sauce. Served w/ breadstick
2. Tuna Sub
Seasoned Carrots

1. Texas Grill Cheese & Soup ¹⁴
Grill Cheese on Texas toast served w/ chicken noodle soup.
2. Chicken Caesar Salad
Garden Salad w/ Italian

1. Gloria's Pizza ¹⁵
Cheese Pizza slice
2. Turkey Club on Wheat Wrap
Cucumber Wheels
LF Dip

1. Corn Dogs ¹⁸
Breaded Corn dogs served w/side of Mac n Cheese.
2. Ham & Provolone on a roll
Steamed Peas & Carrots

1. Gloria's Pizza ¹⁹
Whole Wheat Cheese Pizza Slice
2. Antipasto Salad
Steamed Green Beans

Early Release Day ²⁰

Early Release Day ²¹

Early Release Day ²²

1. Nacho Grande ²⁵
Vegetarian Chili served w/ shredded lettuce, cheese & salsa on top of nachos
2. Bologna & Cheese on a wheat bun

1. Gloria's Pizza ²⁶
Whole Wheat Cheese Pizza Slice
2. Veggie Wrap
Bagged Carroteenies

1. Chicken "Bat" Sandwich ²⁷
Breaded Chicken Patty served on a bun w/cheese served w/ Bloody tomato soup
2. Bagel Lunch
Celery Sticks W/LF Dress

1. Spooky Spaghetti & Meatballs ²⁸
Whole grain pasta w/ meatballs & marinara sauce.
2. Ham, Turkey Cheese on a roll.
Mixed Green Salad

1. Gloria's Pizza ²⁹
Cheese Pizza slice
2. Chicken Ranch Sand Seasoned Corn

DID YOU KNOW? Most products sourced by Whitsons have 0 Trans Fats - Milk & Chicken Products are hormone & antibiotic free - All dressings & ketchup are all natural, with no artificial ingredients & no HFCS (high fructose corn syrup) - All condiments are low fat - Teriyaki sauce & soy sauce are low sodium - Sliced bread, hamburger buns & hot dog buns are 100% w. grain & contain no HFCS - Breads, tortilla wraps, taco shells, nacho chips, Panini bread, all natural frozen yogurt, teriyaki sauce, soy sauce & all condiments are free of any partially hydrogenated oils & HFCS - Yogurt is 100% all natural & contains no artificial ingredients - Breakfast items have no trans fats, HFCS or artificial colors - Pancakes & waffles are w. grain & contain no artificial colors or flavors - All pasta is Barilla w. grain - All rice is brown - Pizza crust at secondary level is whole grain; elementary level is whole wheat - Tuna is dolphin safe & packed in water - Canned fruits are packed in natural juice only, no syrup - Fresh fruits & fresh/frozen veg. will be used when go. commodity not available - All cheese is low fat - Donuts & breakfast pastries have no trans fats, artificial colors or flavors - Fish sticks have whole grain breading - Flavored milk contains no HFCS